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How to Make
LEMONADE
Out of
Lemons



When life gives you a
lemon...



don't waste food.



When life gives you
lemons keep the
receipt...



so you can return
them.



When life gives you
lemons, keep them...



because hey, free
lemons.



When life gives you
lemons...



throw them at the
zombies.



When life gives you
lemons...



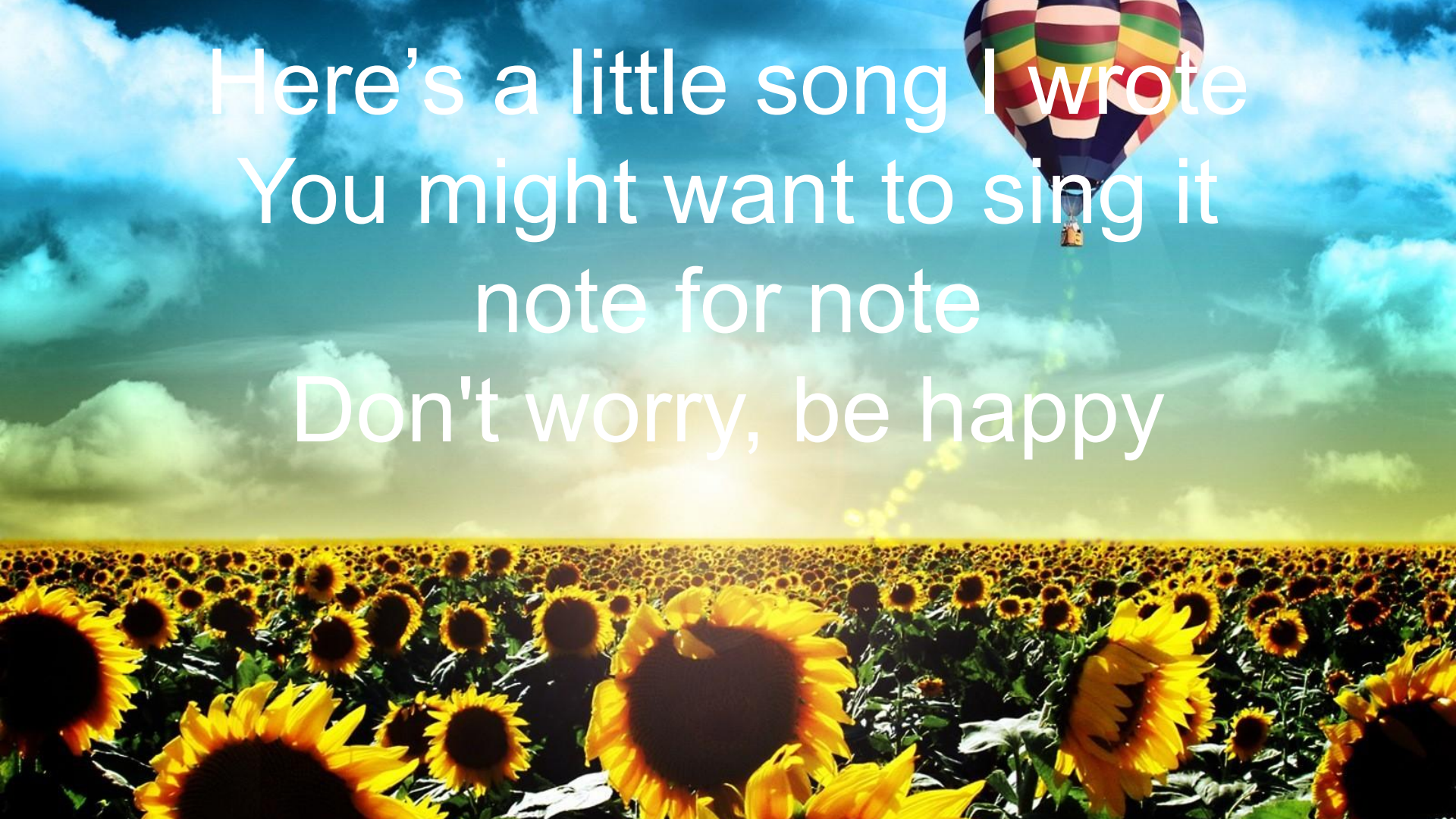
throw them back and
ask for chocolate.



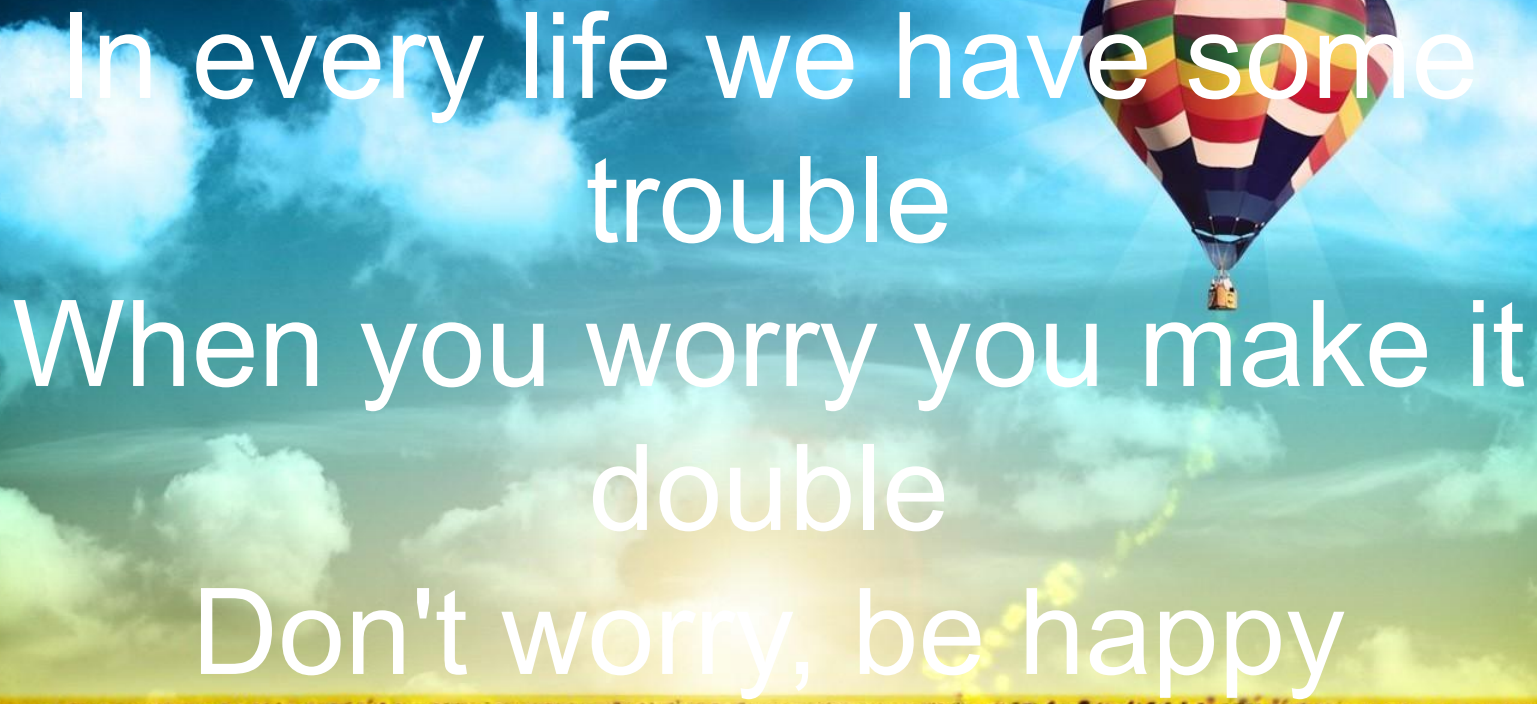


Don't Worry
Be Happy





Here's a little song I wrote
You might want to sing it
note for note
Don't worry, be happy



In every life we have some
trouble
When you worry you make it
double
Don't worry, be happy



Don't worry, be happy
Don't worry, be happy



Ain't got no place to lay your
head

Somebody came and took
your bed

Don't worry, be happy



The land lord say your rent is
late

He may have to litigate
Don't worry, be happy



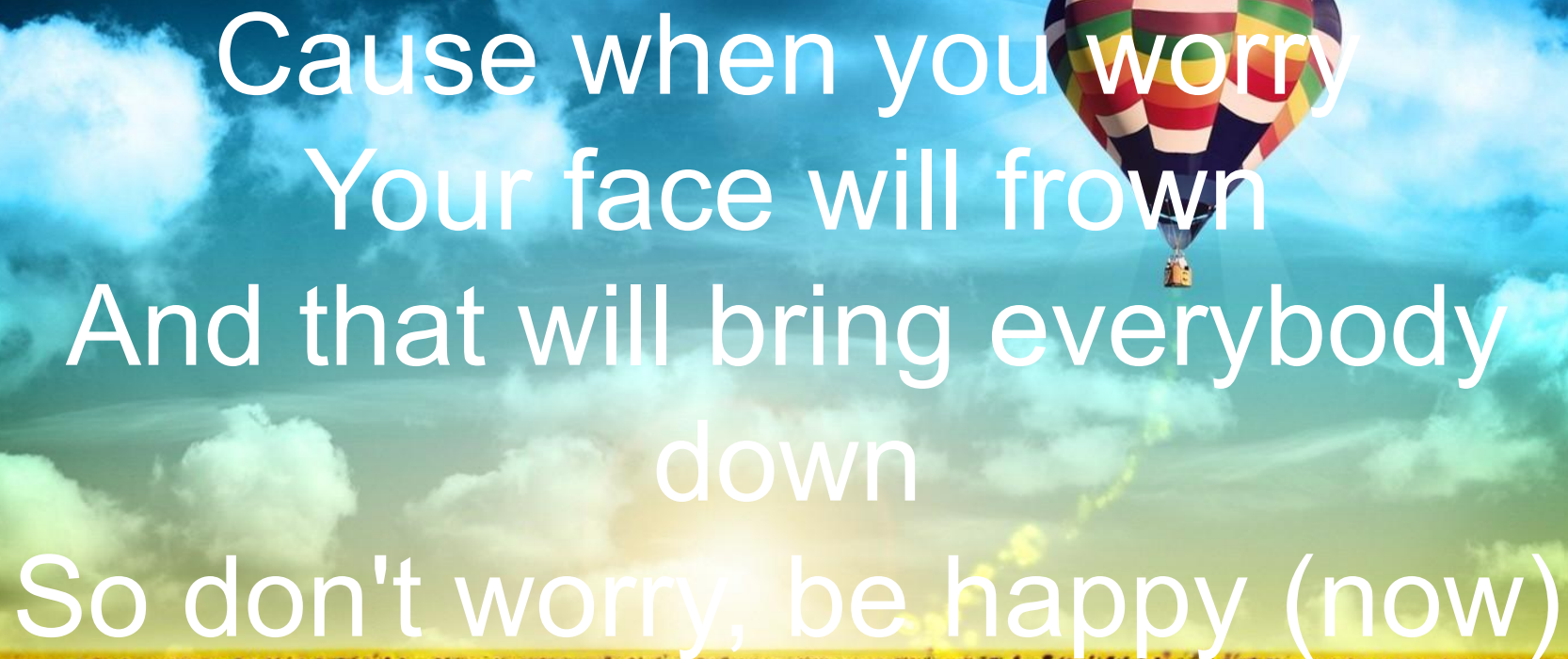
Don't worry, be happy
Don't worry, be happy



Ain't got no cash, ain't got no
style

Ain't got no girl to make you
smile

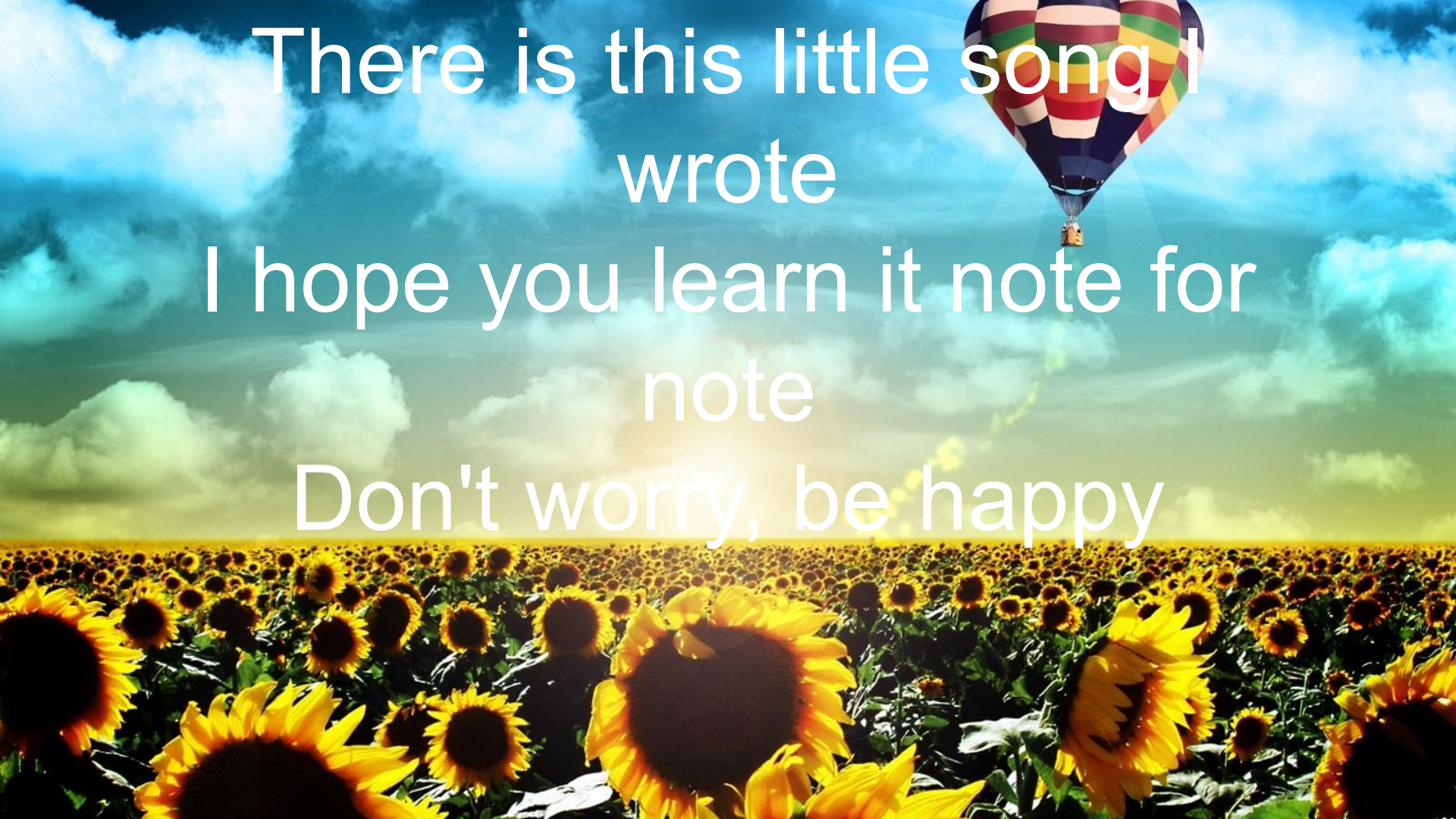
But don't worry, be happy



Cause when you worry
Your face will frown
And that will bring everybody
down
So don't worry, be happy (now)



Don't worry, be happy
Don't worry, be happy



There is this little song I
wrote
I hope you learn it note for
note
Don't worry, be happy



Listen to what I say
In your life expect some
trouble
But when you worry
You make it double

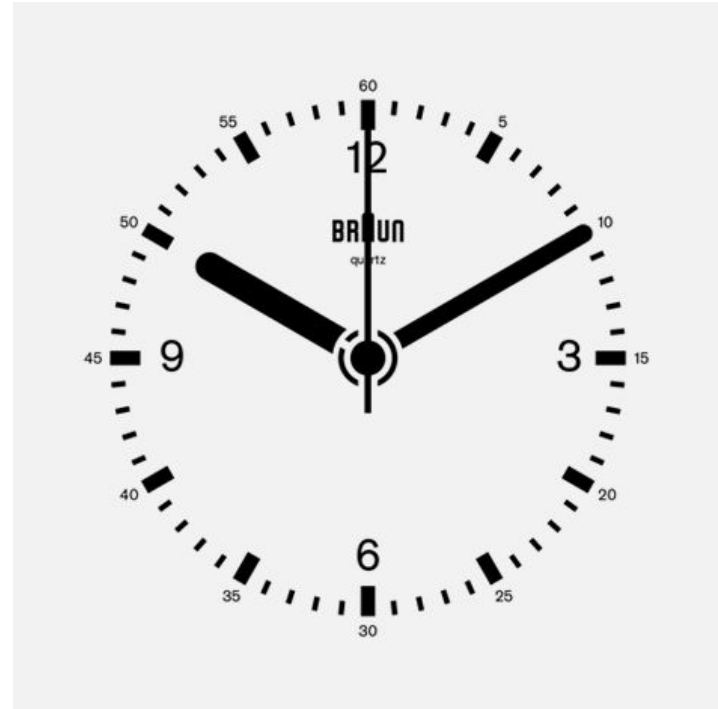


Don't worry, be happy
Don't worry, be happy

activity!



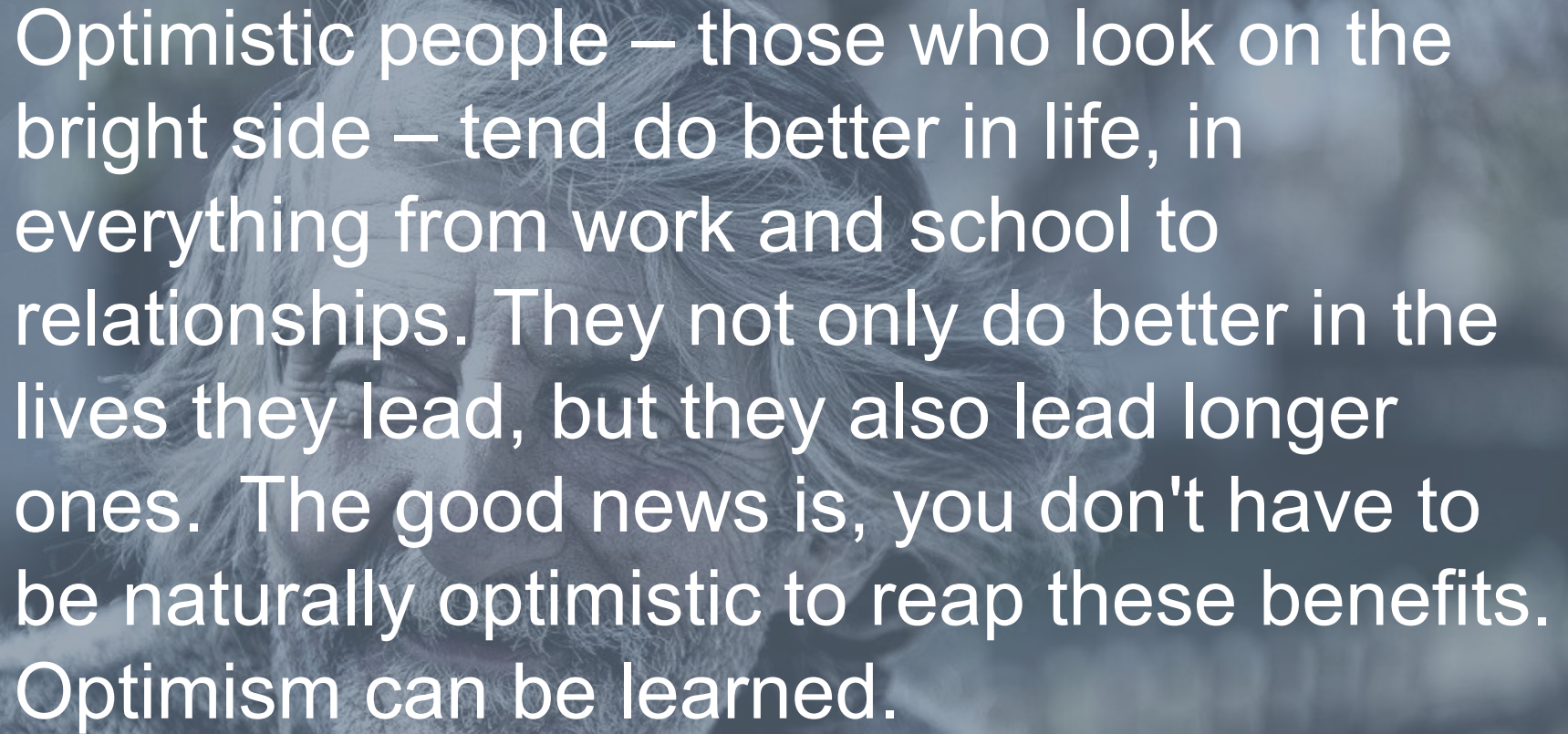
WORD PUZZLE



How to Make
LEMONADE
Out of
Lemons







Optimistic people – those who look on the bright side – tend to do better in life, in everything from work and school to relationships. They not only do better in the lives they lead, but they also lead longer ones. The good news is, you don't have to be naturally optimistic to reap these benefits. Optimism can be learned.

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relationships

отношения

reap

пожинать, собирать урожай

benefit

плоды, преимущества, польза



The very first step to turning lemons into lemonade is being aware of your negativity. If you are blind to your tendency to only see the bad side of things, you won't be able to transform this habit. Track your thoughts on a daily basis, becoming attuned to the negative assumptions you make.



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blind

слепой

attune

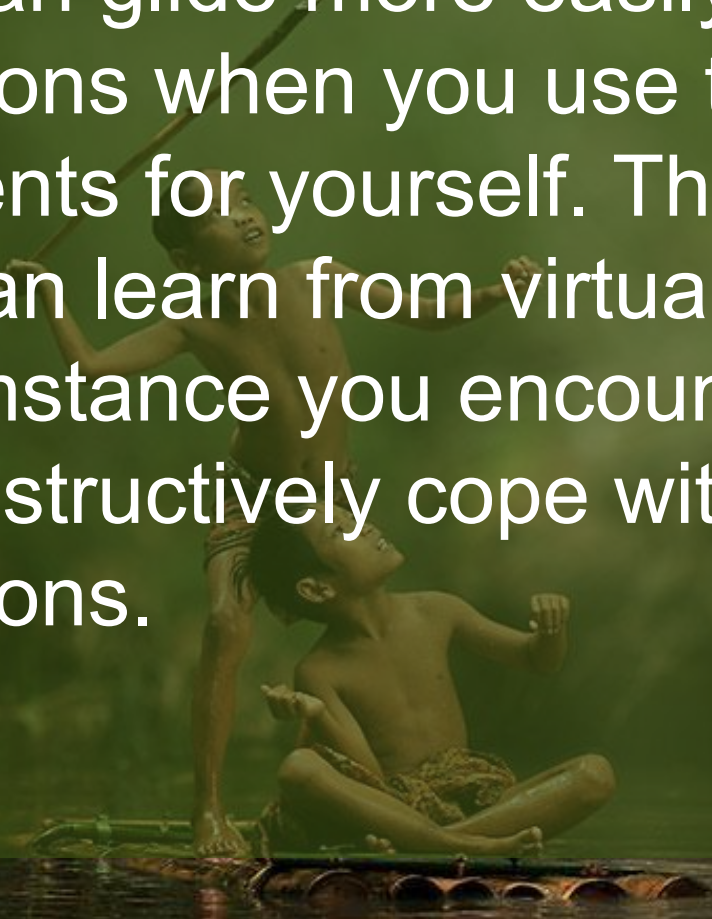
настроить, приспособить

assumption
допущение

предположение,



You can glide more easily through life's bad situations when you use them as teachable moments for yourself. There is something you can learn from virtually every circumstance you encounter. This allows you to constructively cope with negative situations.



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use

ИСПОЛЬЗОВАТЬ

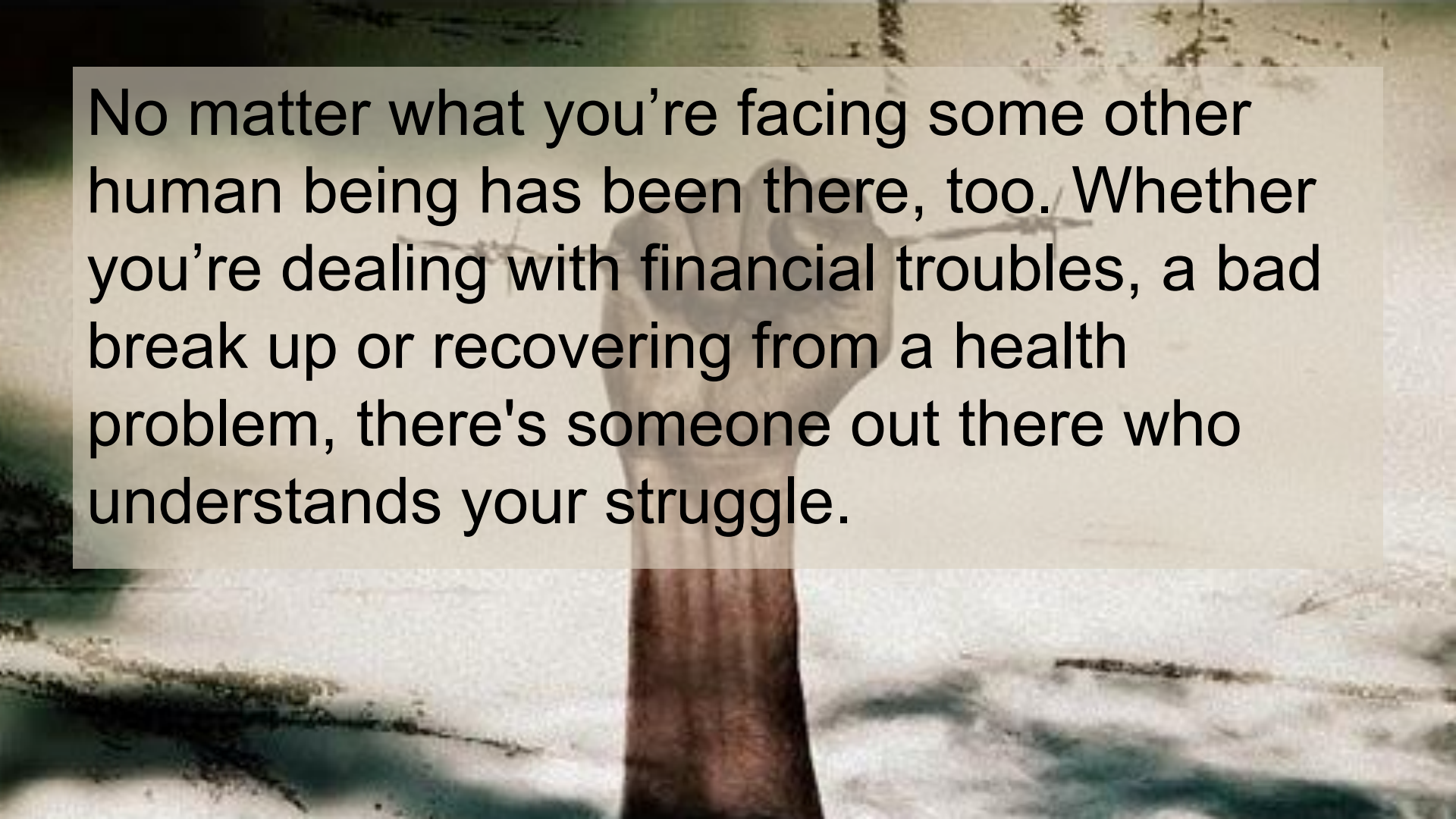
circumstance

обстоятельства, условия

glide

СКОЛЬЗИТЬ





No matter what you're facing some other human being has been there, too. Whether you're dealing with financial troubles, a bad break up or recovering from a health problem, there's someone out there who understands your struggle.

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no matter

неважно

struggle

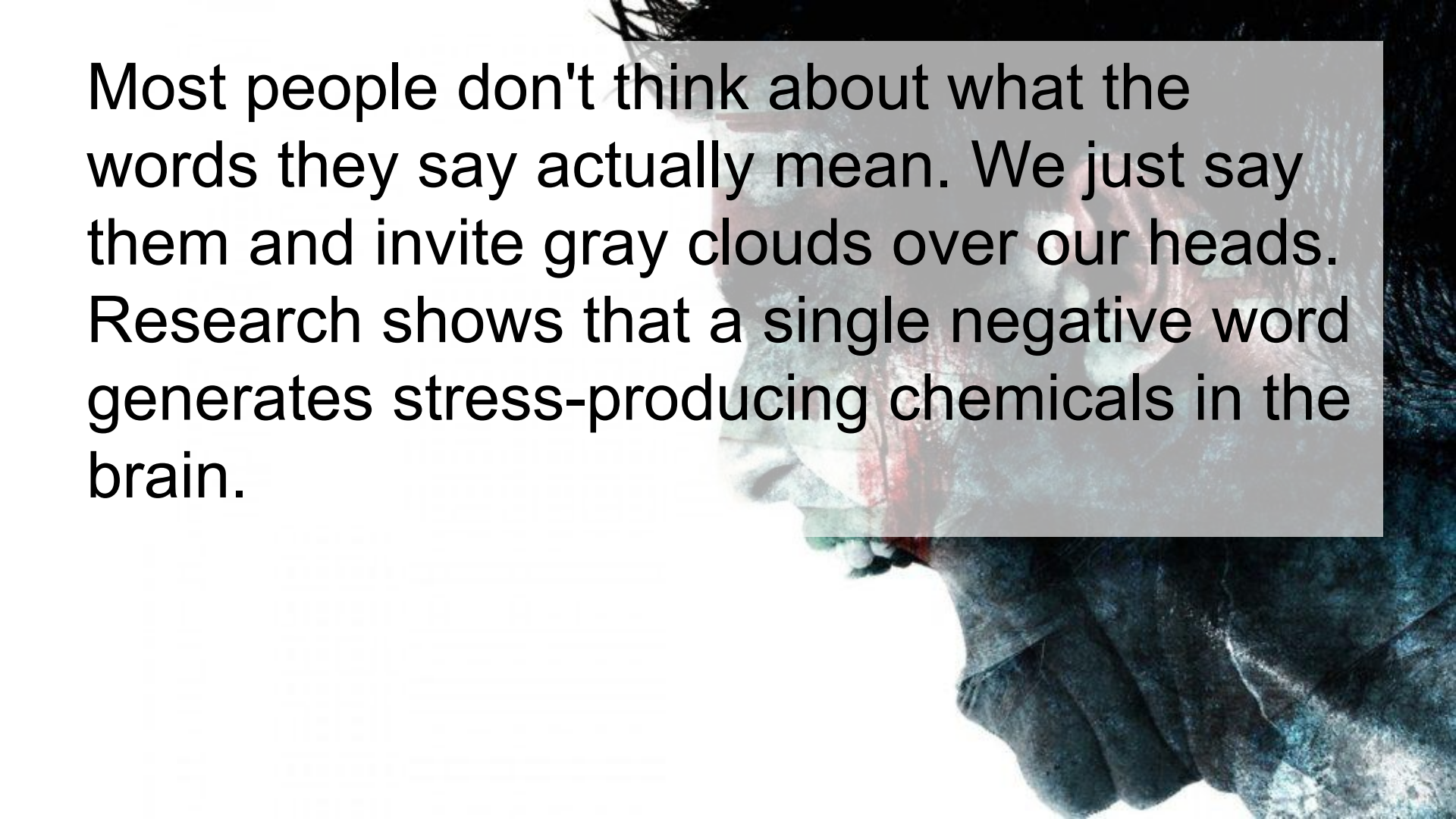
трудность, борьба

deal with

решать проблемы,

принимать меры для их решения





Most people don't think about what the words they say actually mean. We just say them and invite gray clouds over our heads. Research shows that a single negative word generates stress-producing chemicals in the brain.

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think

думать

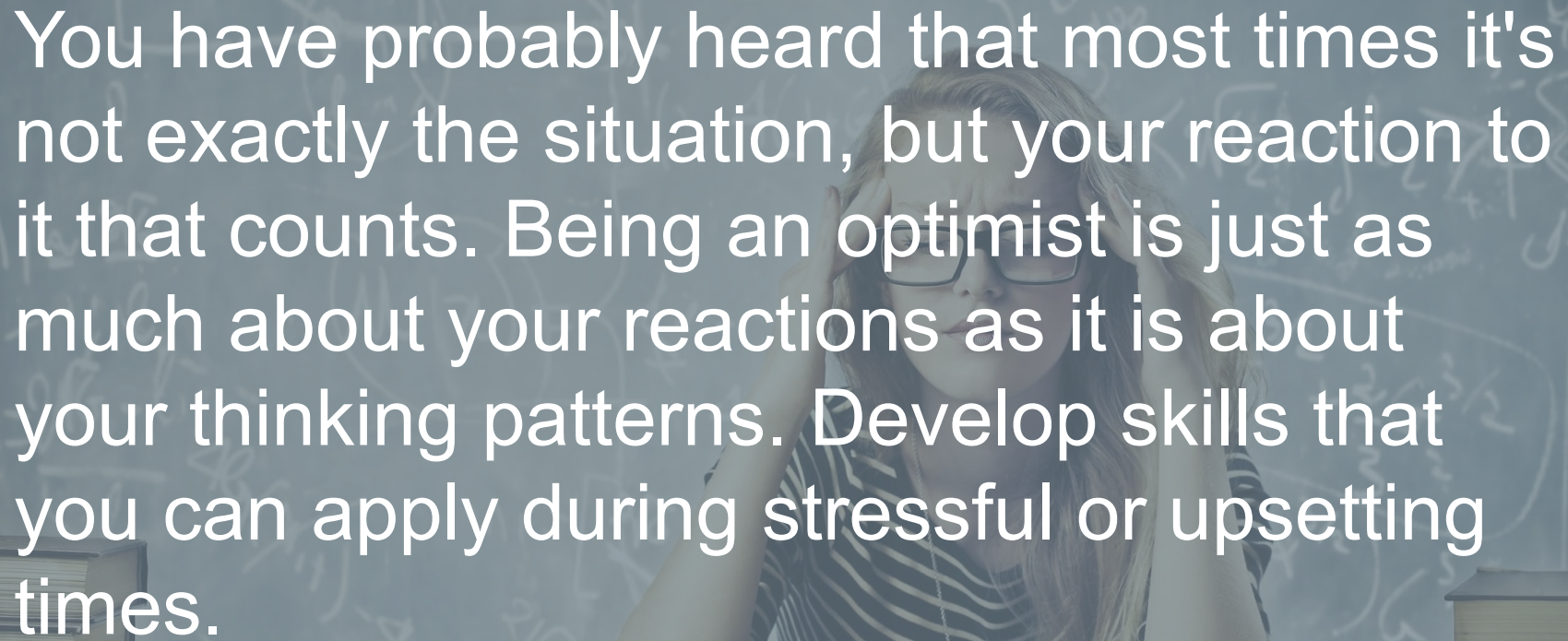
research

исследование (научное)

generate

образовывать,
производить



A young woman with long brown hair and glasses is sitting at a desk, looking stressed. She has her hands on her head. In front of her are several open books and stacks of closed books. The background is a chalkboard with faint mathematical equations and diagrams. A semi-transparent dark blue box is overlaid on the image, containing white text.

You have probably heard that most times it's not exactly the situation, but your reaction to it that counts. Being an optimist is just as much about your reactions as it is about your thinking patterns. Develop skills that you can apply during stressful or upsetting times.

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count

считать

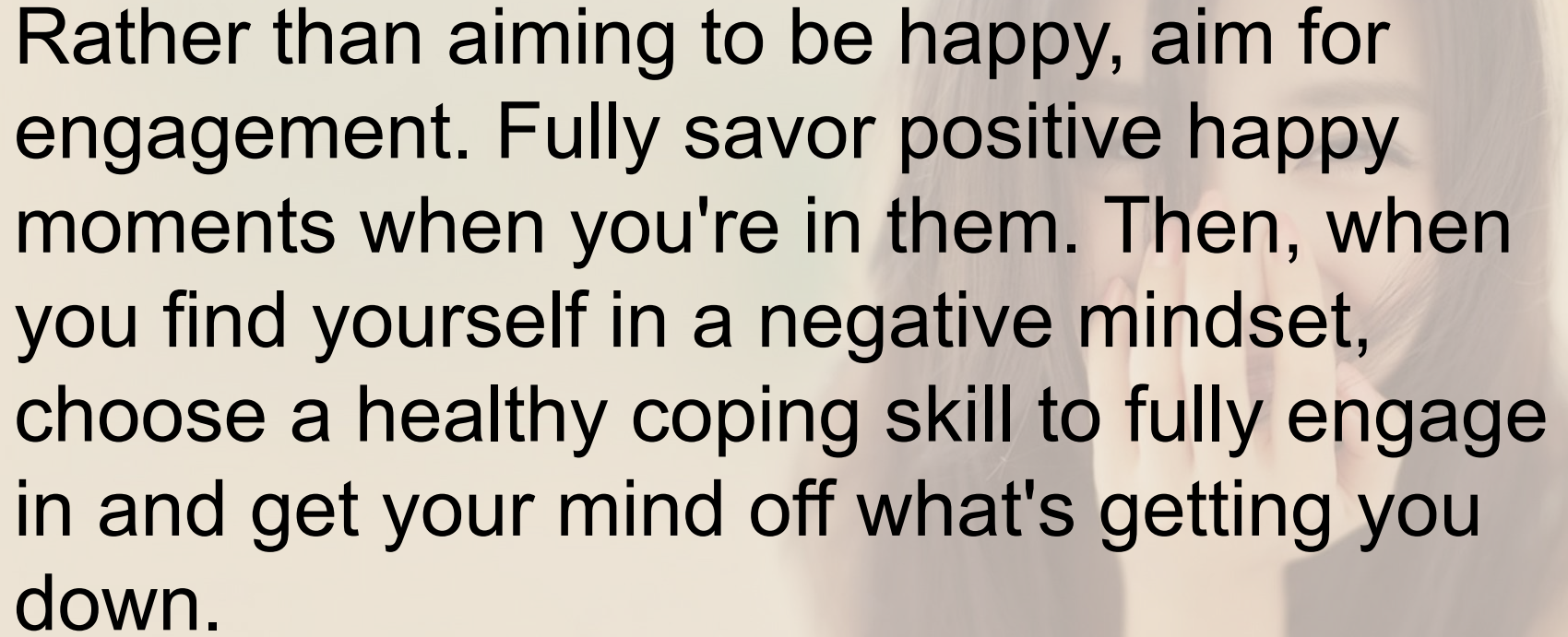
upsetting

огорчительный,
расстраивающий

develop

развивать,
совершенствовать





Rather than aiming to be happy, aim for engagement. Fully savor positive happy moments when you're in them. Then, when you find yourself in a negative mindset, choose a healthy coping skill to fully engage in and get your mind off what's getting you down.

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healthy

здоровый

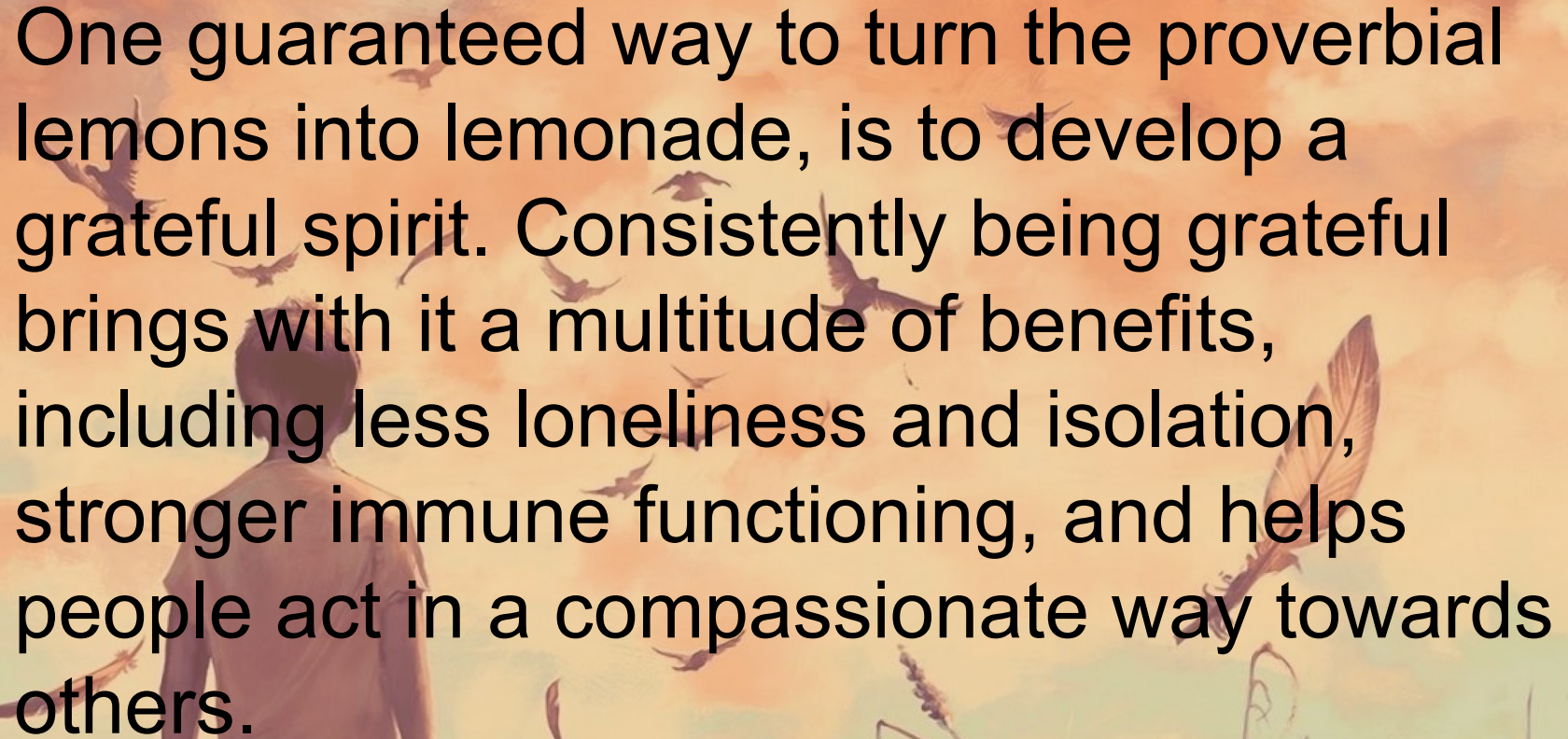
engagement

вовлеченность, занятие

savor

наслаждаться



A person is seen from behind, standing in a field of tall grass. They are wearing a light-colored t-shirt and dark pants, and are holding a bag or folder. The sky is a vibrant orange and yellow, suggesting a sunset or sunrise. Numerous birds are flying in the sky, and a large, detailed feather is visible on the right side. The overall mood is peaceful and contemplative.

One guaranteed way to turn the proverbial lemons into lemonade, is to develop a grateful spirit. Consistently being grateful brings with it a multitude of benefits, including less loneliness and isolation, stronger immune functioning, and helps people act in a compassionate way towards others.

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less

меньше

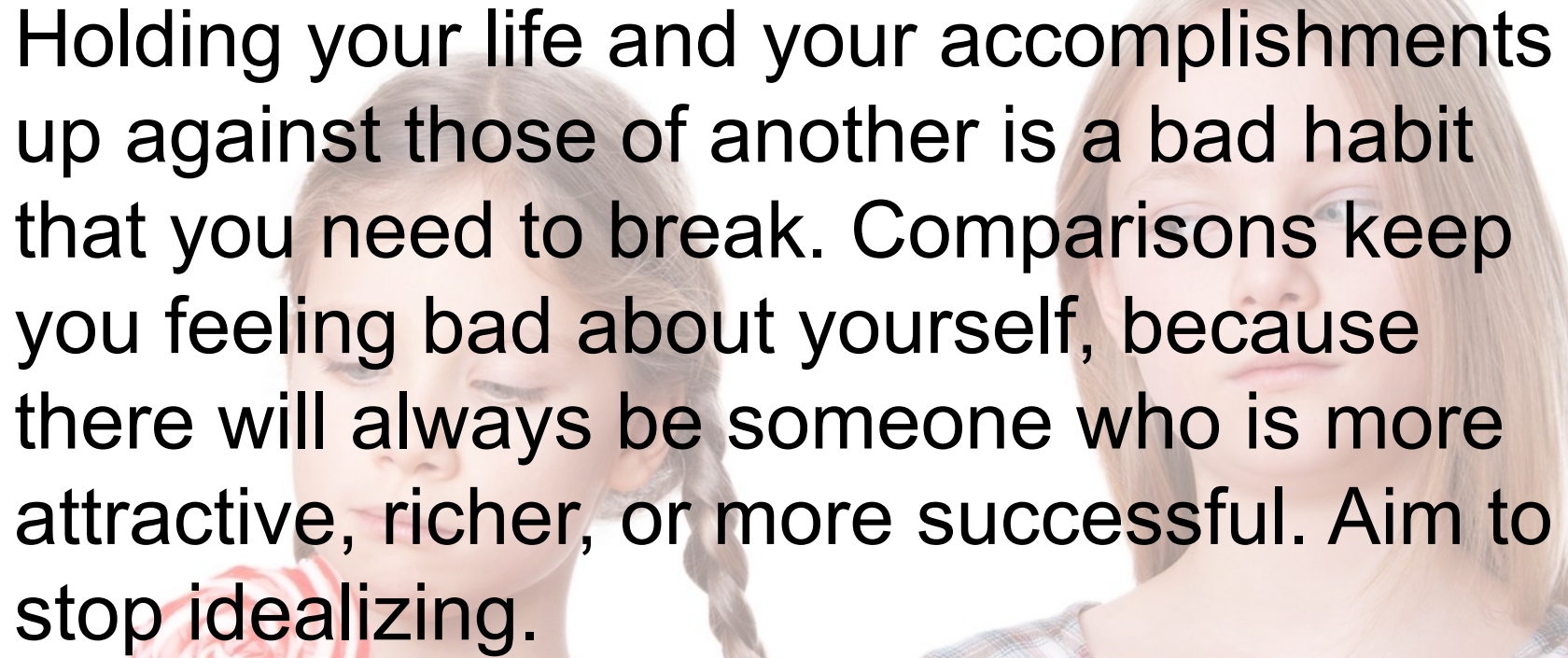
grateful

благодарный

compassionate

сострадательный,
полный сочувствия



The image features two young girls against a white background. The girl on the left has her hair in a braid and is holding a large, red, rose-shaped lollipop. The girl on the right has straight hair and is wearing a plaid shirt. A semi-transparent white box with black text is overlaid on the image, covering the upper and middle portions of both girls.

Holding your life and your accomplishments up against those of another is a bad habit that you need to break. Comparisons keep you feeling bad about yourself, because there will always be someone who is more attractive, richer, or more successful. Aim to stop idealizing.

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comparison

сравнение

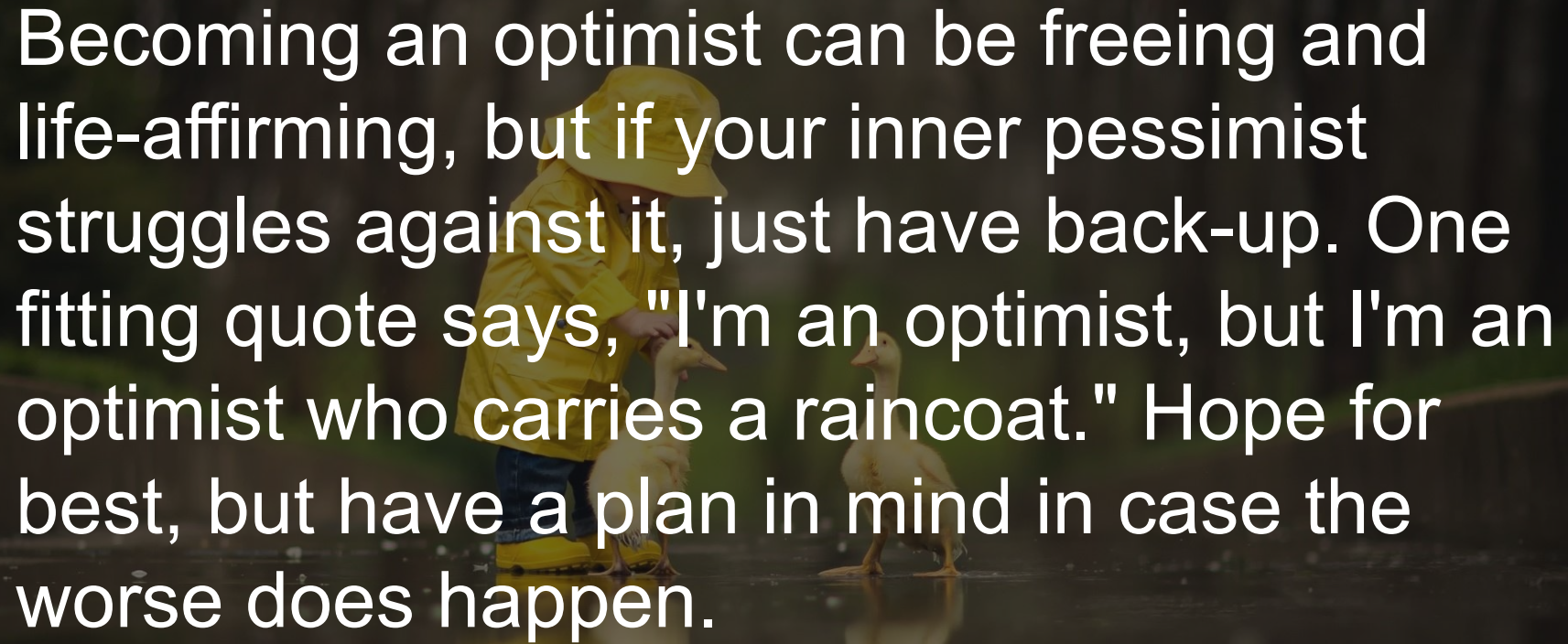
aim

нацеливаться

accomplishment

достоинство, достижение



A person wearing a bright yellow raincoat and a matching hat stands in a shallow puddle. Two white ducks are in the water with them. The scene is outdoors, and the background is slightly blurred. The overall mood is calm and practical.

Becoming an optimist can be freeing and life-affirming, but if your inner pessimist struggles against it, just have back-up. One fitting quote says, "I'm an optimist, but I'm an optimist who carries a raincoat." Hope for best, but have a plan in mind in case the worse does happen.

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happen

случаться

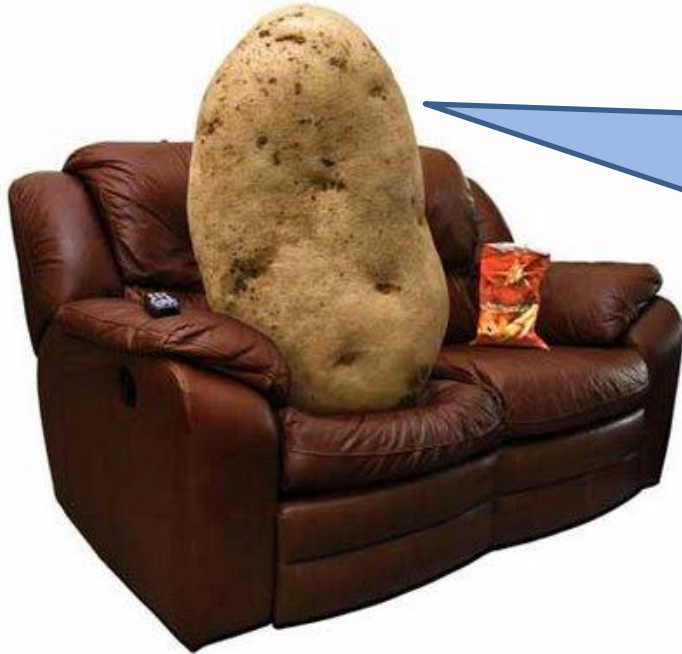
Inner

внутренний

life-affirming

жизнеутверждающий,
жизнерадостный

IDIOMS



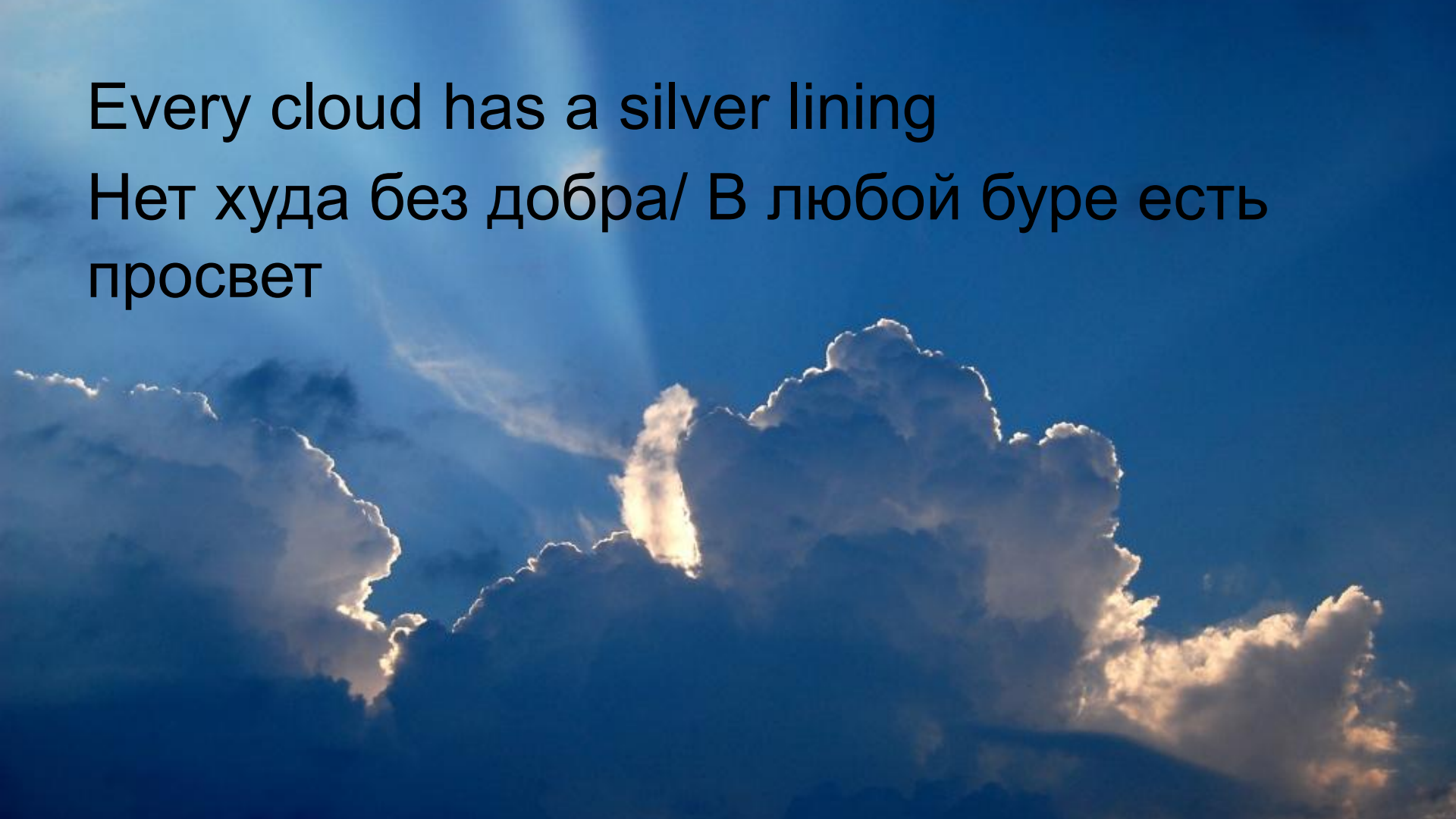
DON'T BE A
COUCH
POTATOE!

Every cloud has a silver lining



Every cloud has a silver lining

Нет худа без добра/ В любой буре есть
просвет



Keep your
chin/head up



Keep your
chin/head up

Выше голову!/
Не вешай нос!





Seeing the glass half full instead of half empty

A woman with brown hair and blue eyes is looking at a clear glass of water. The glass is partially filled with water, and the woman's face is visible in the background, looking directly at the camera. The background is a plain, light-colored wall.

Seeing the glass half full instead of half empty

Видеть стакан наполовину полным, а не наполовину пустым/ Быть оптимистом

Hope against hope



Hope against hope

Надеяться на чудо/Надеяться вопреки
всему



See the world through rose colored glasses



See the world through rose colored glasses
Смотреть на мир через розовые очки





Lemon	барахло
Beater	колымага
Bucket	корыто (о машине)
Hoopy	развалюха
Jalopy	драндулет
Junker	таратайка
A to B car	машина доставляющая из пункта А в пункт Б
Rice Rocket	“рисомолка”, мотоцикл или автомобиль японского производства
Gas Guzzler	“пожиратель топлива”, неэкономичный автомобиль
Rig	машина, чаще грузовая
Whip	дорогой, стильный автомобиль
Ride	тачка
Wheels	колёса/тачка



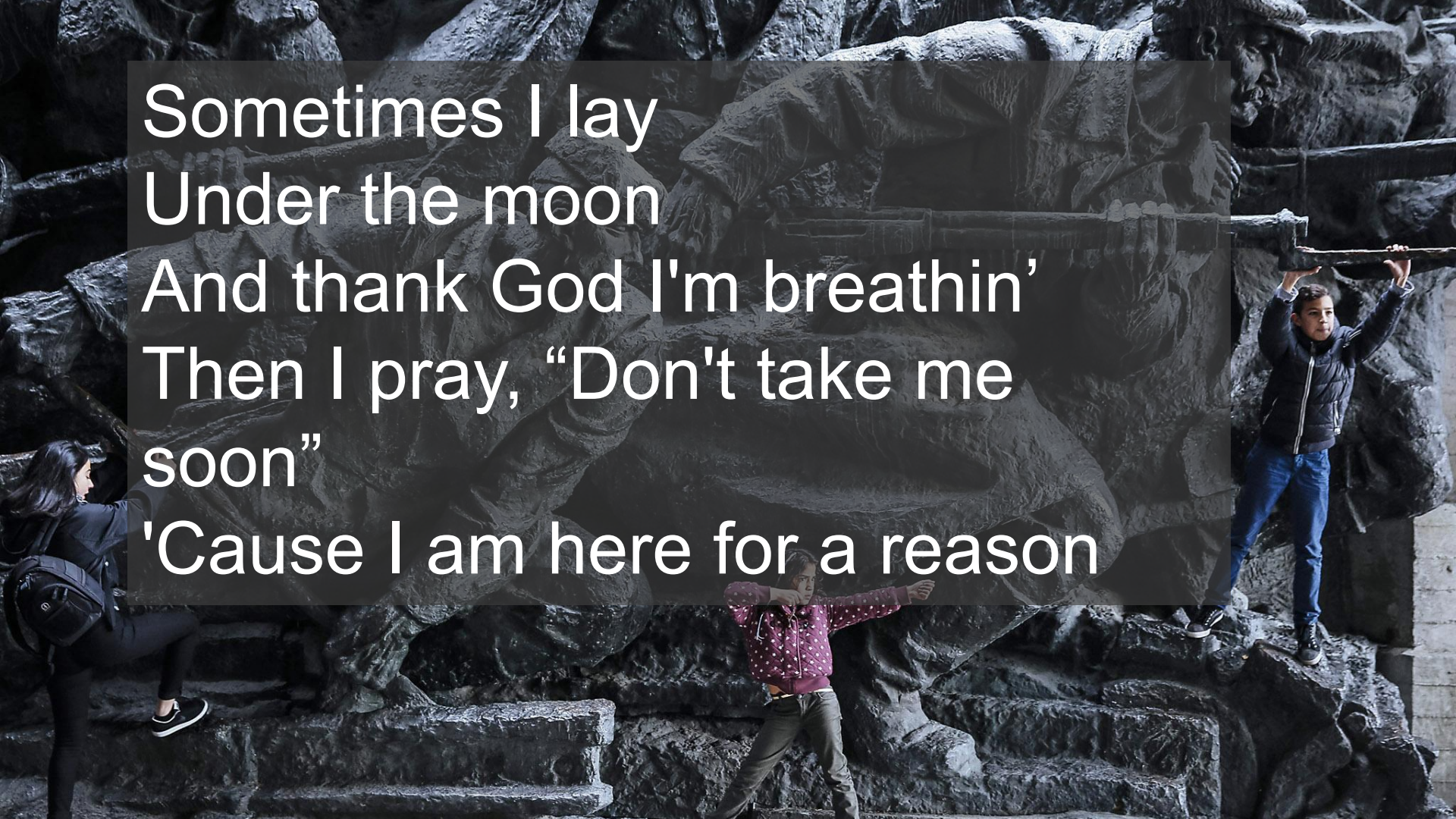
How to Make
LEMONADE
Out of
Lemons





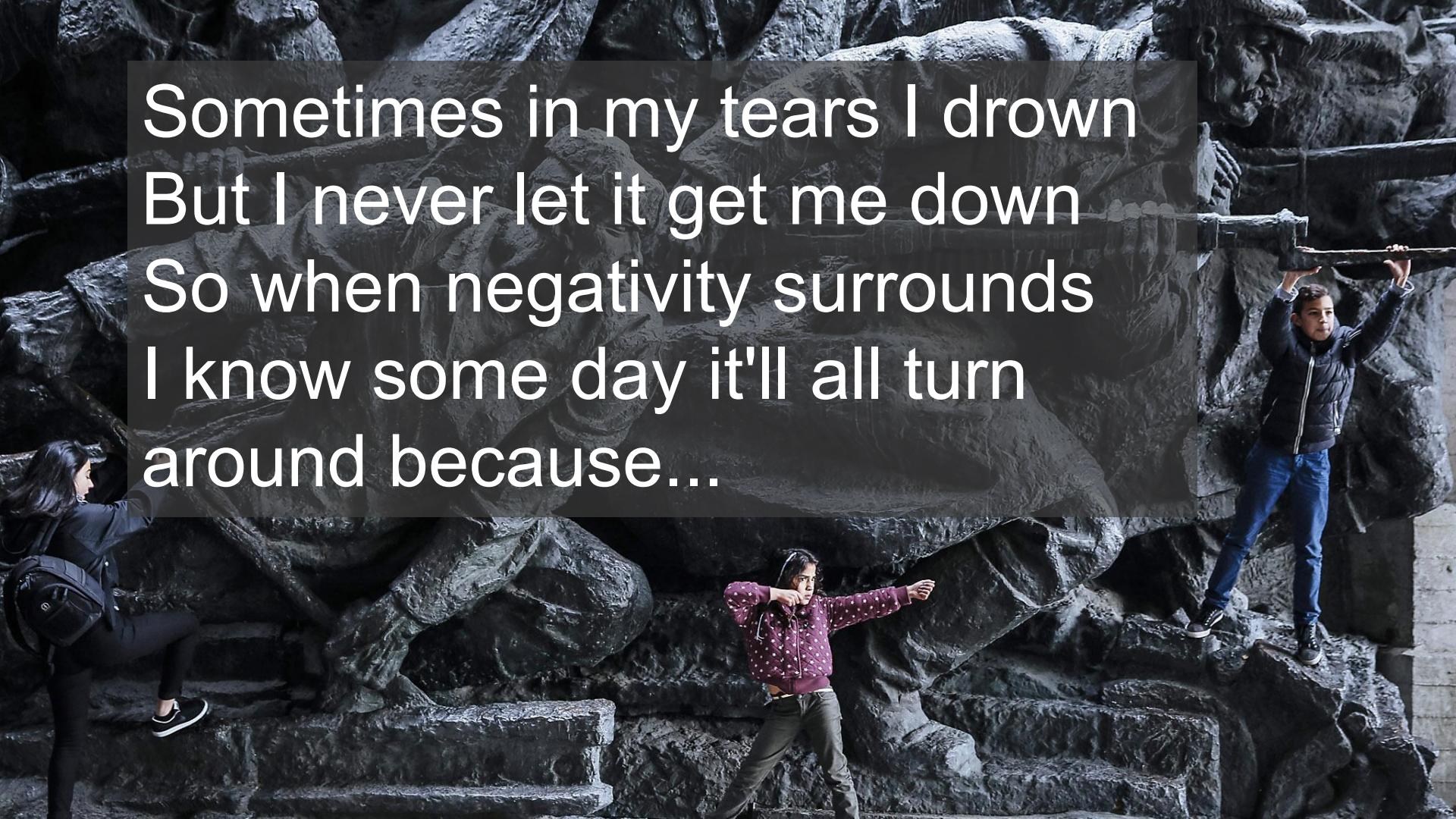
One Day



A large, dark, textured sculpture of a figure, possibly a religious or historical figure, is the central focus. The sculpture is made of a rough, stone-like material and depicts a figure with a long, flowing robe and a head that is partially obscured. The figure's arms are outstretched, and the overall composition is dramatic and imposing. In the foreground, three children are interacting with the sculpture. On the left, a girl with long dark hair, wearing a black jacket and a black backpack, is climbing a set of stone steps. In the center, a boy in a red and white polka-dot jacket is standing on the steps, looking towards the camera. On the right, a boy in a dark jacket and blue jeans is climbing a higher part of the sculpture, holding onto a horizontal bar. The background is dark and indistinct, suggesting an outdoor setting at night or in a dimly lit area. The text is overlaid on a semi-transparent dark rectangle in the center of the image.

Sometimes I lay
Under the moon
And thank God I'm breathin'
Then I pray, "Don't take me
soon"
'Cause I am here for a reason

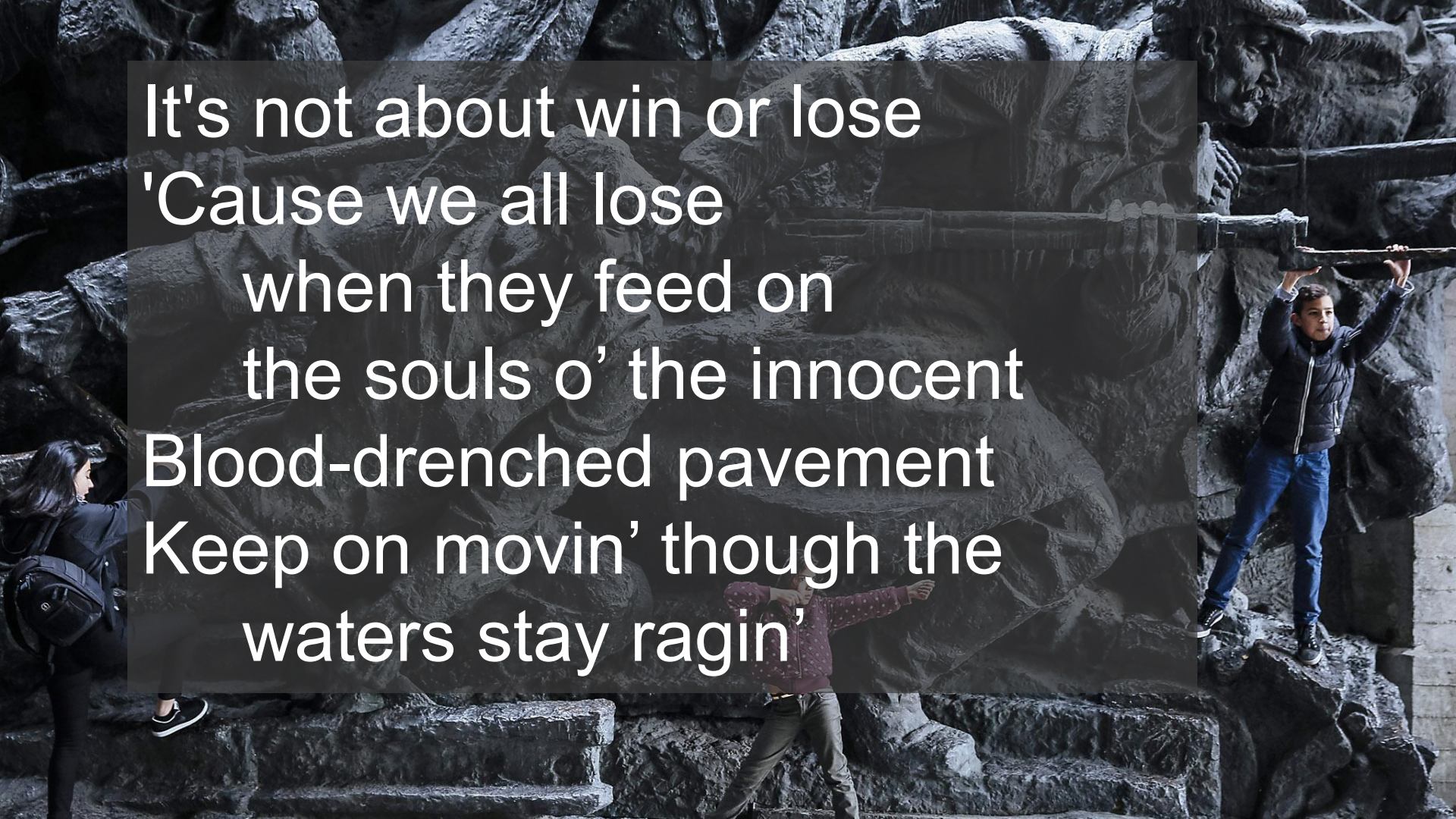
Sometimes in my tears I drown
But I never let it get me down
So when negativity surrounds
I know some day it'll all turn
around because...



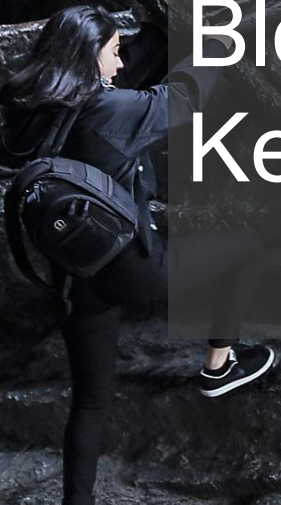
All my life I've been waitin' for
I've been prayin' for
For the people to say
That we don't wanna fight no more
There'll be no more wars
And our children will play

One Day

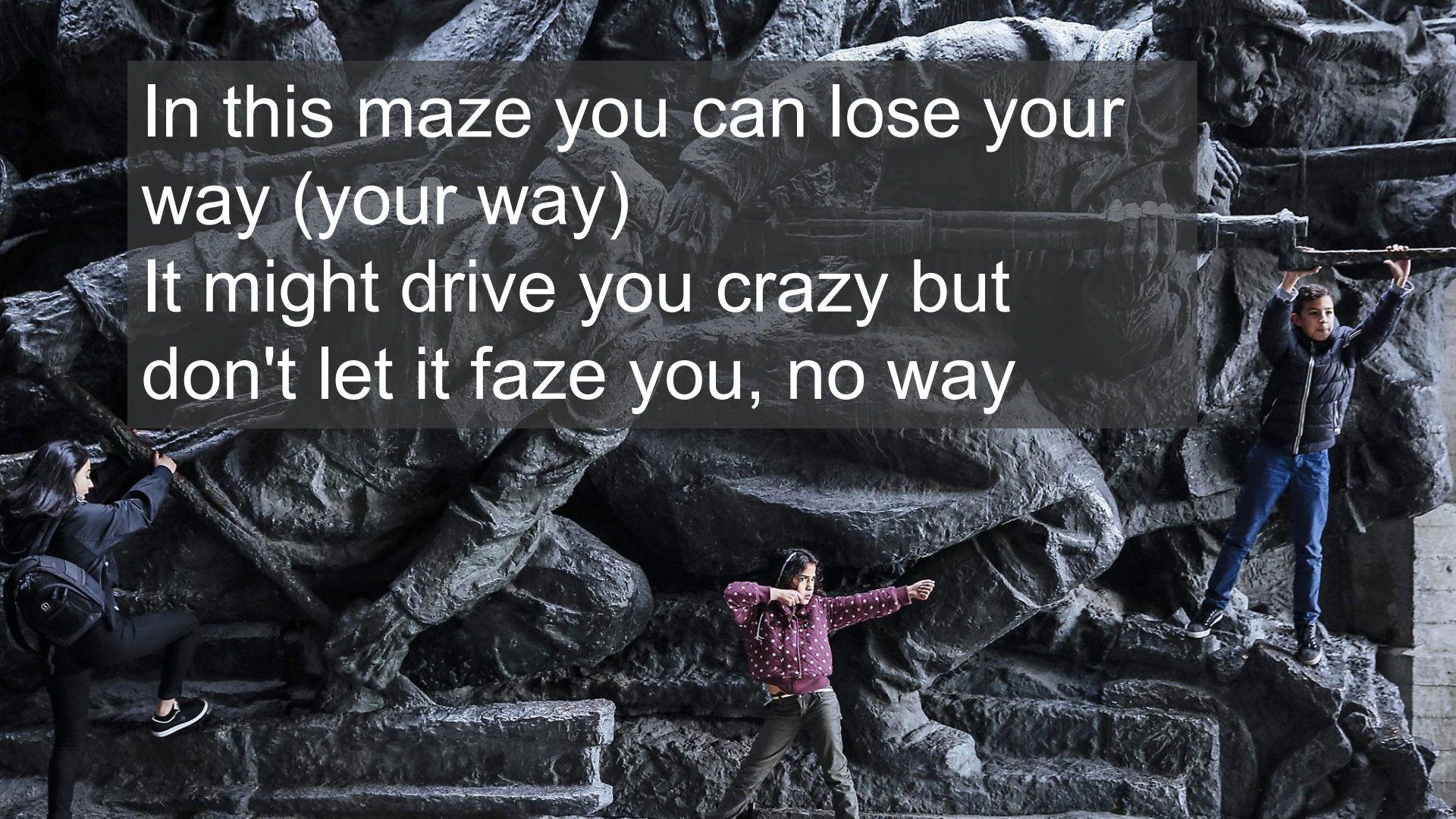




It's not about win or lose
'Cause we all lose
when they feed on
the souls o' the innocent
Blood-drenched pavement
Keep on movin' though the
waters stay ragin'



In this maze you can lose your way (your way)
It might drive you crazy but
don't let it faze you, no way





No Way!



Sometimes in my tears I drown
(I drown)

But I never let it get me down
(get me down)

So when negativity surrounds
(surrounds)

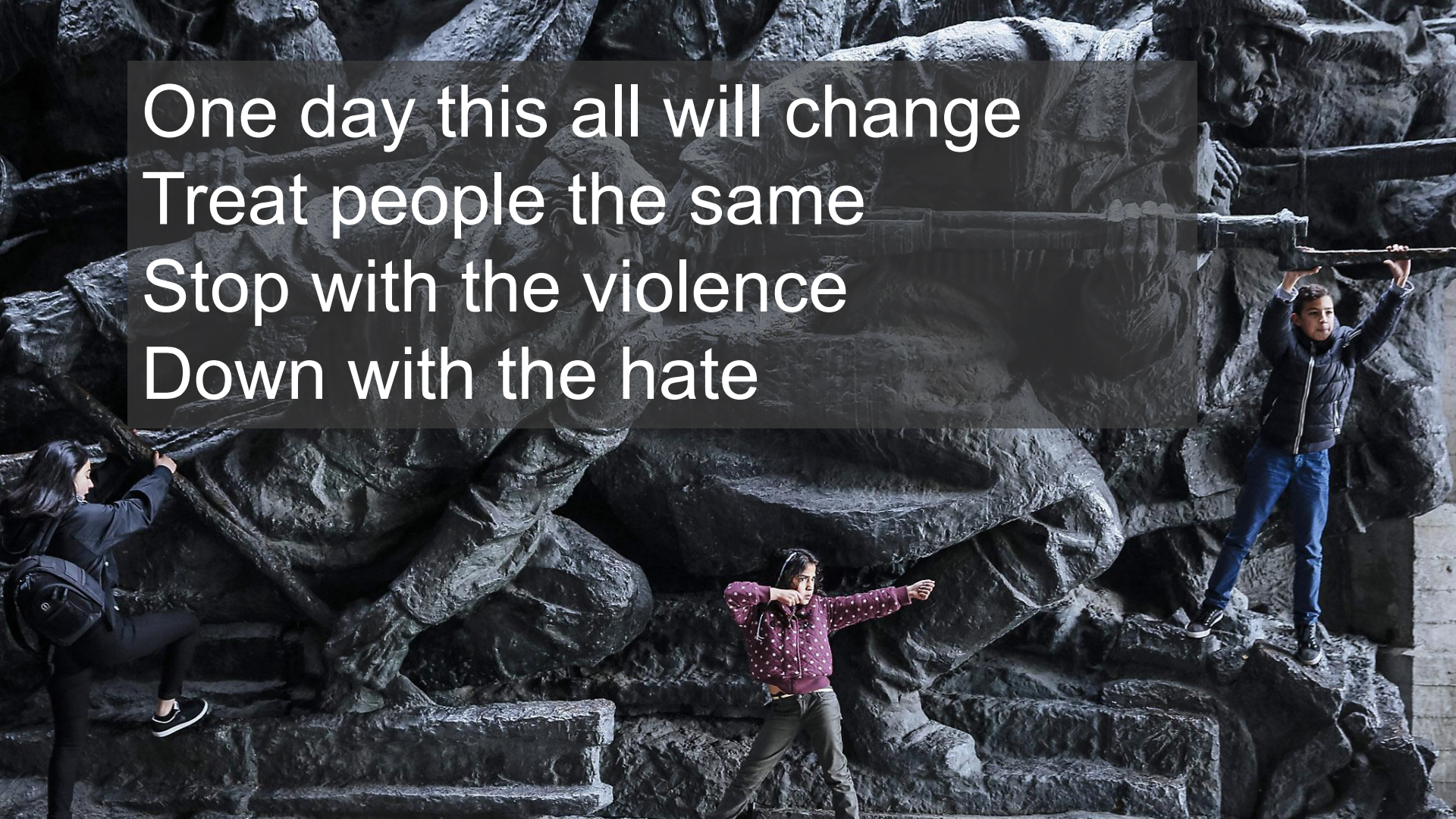
I know some day it'll all turn
around because...

All my life I've been waitin' for
I've been prayin' for
For the people to say
That we don't wanna fight no more
There'll be no more wars
And our children will play

One Day



One day this all will change
Treat people the same
Stop with the violence
Down with the hate



One day we'll all be free
And proud to be
Under the same sun
Singin' songs of freedom like





One Day

Woy-yoooooo!

Woy-o-o-o

All my life I've been waitin' for
I've been prayin' for
For the people to say
That we don't wanna fight no more
There'll be no more wars
And our children will play

A large, dark, textured sculpture of a man in a suit, possibly a historical figure, with people climbing on it. The sculpture is made of a dark, rough material, possibly stone or metal, and is set against a dark background. Three people are visible: a woman on the left, a child in the center, and a boy on the right. The woman is climbing a ledge, the child is standing on a lower ledge, and the boy is standing on a higher ledge, holding onto a horizontal bar. The overall scene is dramatic and suggests a theme of exploration or adventure.

One Day

Woy-yoooooo!
Woy-o-o-o

One Day





“When life hands you lemonade, don't
try to make lemons”
— Vince Guthrie

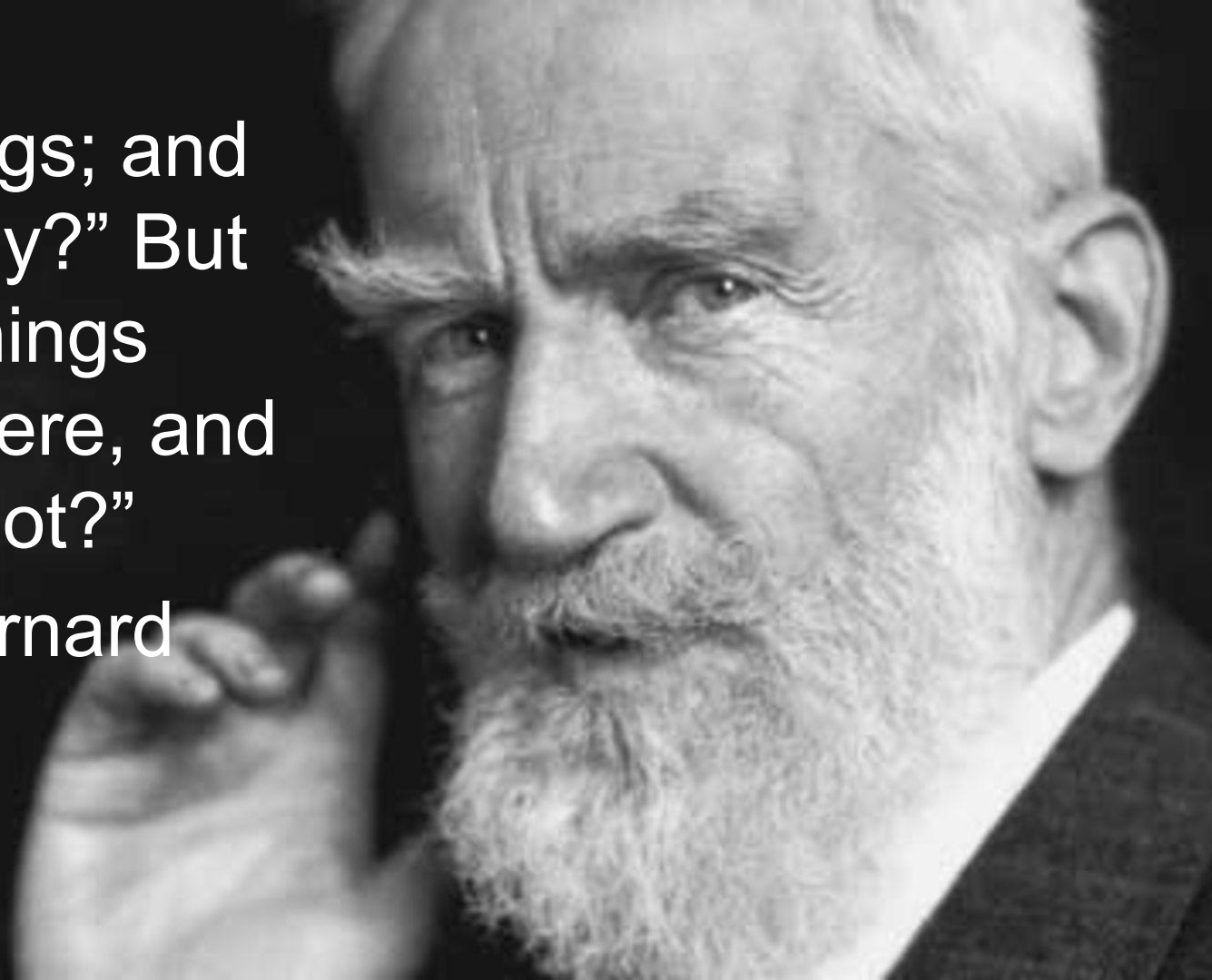




“Optimism is the
faith that leads to
achievement.”
—Helen Keller

You see things; and
you say “Why?” But
I dream of things
that never were, and
I say “Why not?”

- George Bernard
Shaw



“Lemons clean everything. It's the greatest disinfectant.”

—Sandra Bullock



“When life gives you lemons, make
lemonade.”

—Unkown

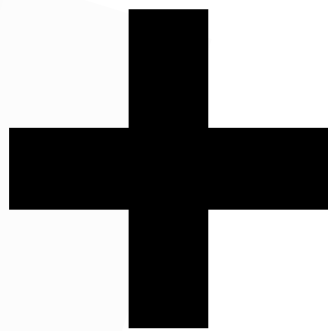




WHO WILL WIN?

ANNOUNCEMENTS

The background of the slide is a bright blue sky filled with fluffy white cumulus clouds. In the bottom-left corner, there is a small, dark green plant with several leaves.









**DONATIONS
ACCEPTED!**





MASTER TIPS FOR
WOOING YOUR

Princess

A person with dark hair and glasses, wearing a green jacket and dark pants, is shown from the side, looking through a large telescope. The telescope is mounted on a tripod and is pointed towards the upper right. The background is a vibrant, multi-colored space scene with stars, nebulae, and a grid of faint lines. The overall color palette is dominated by purples, blues, and greens, with bright highlights from the stars and nebulae.

REALITY

РЕАЛЬНЫЕ ДИСКУССИИ
С РЕАЛЬНЫМИ ЛЮДЬМИ
О РЕАЛЬНЫХ СОБЫТИЯХ

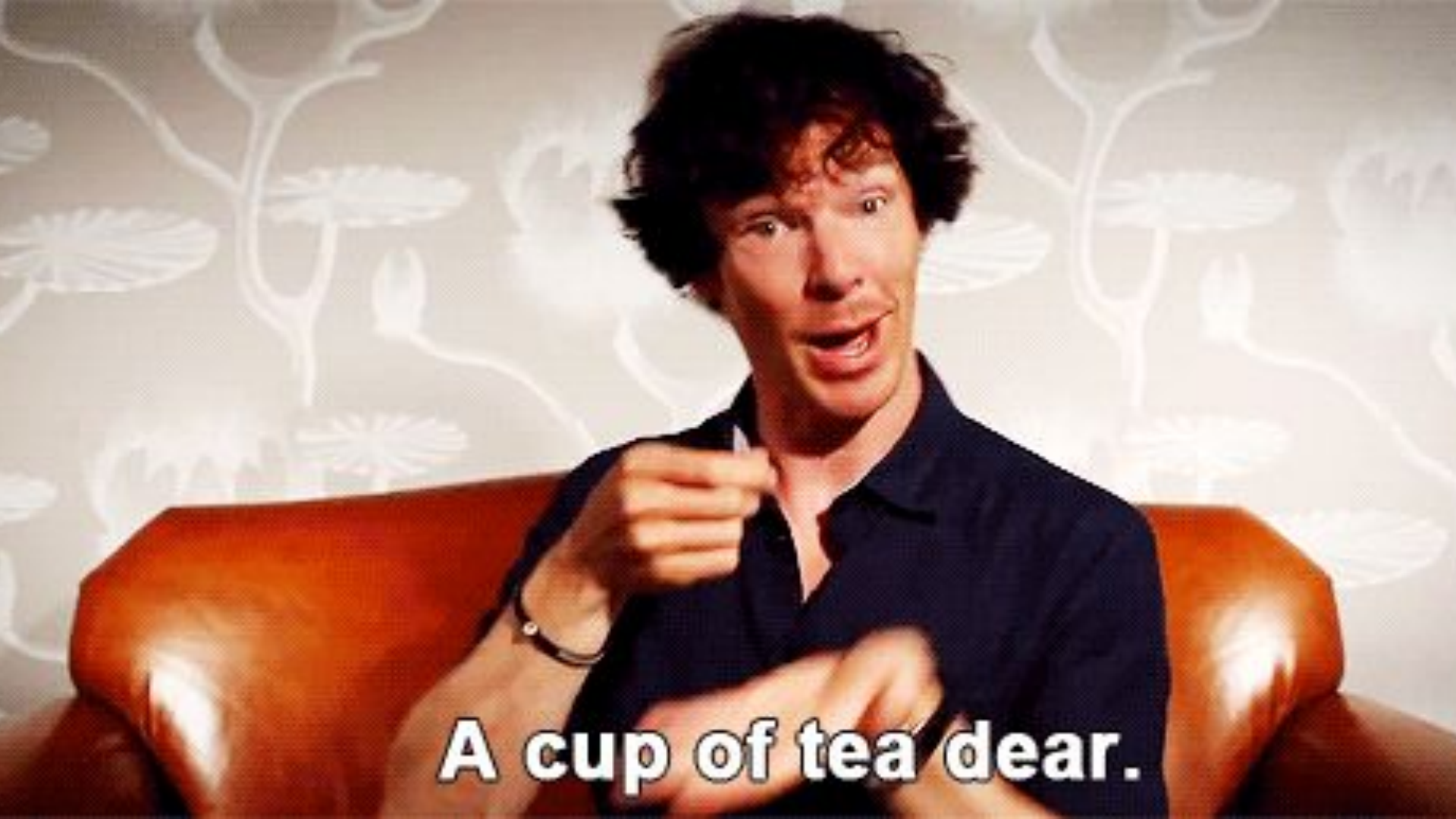
НА АНГЛИЙСКОМ ИЛИ НА РУССКОМ



PASSENGERS

**SPOILER
ALERT**

PX-8375



A cup of tea dear.



vk.com/elevateeng



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